

FLEXIBLE SIGMOIDOSCOPY PROCEDURE PREPARATION

A flex sig or flexible sigmoidoscopy, is a procedure that examines the lower part of the colon(sigmoid) and rectum to detect for colon cancer, polyps, and identify other possible conditions that may be causing pain or discomfort. Please follow the instructions below carefully, to ensure the best possible flex sig results. Inadequate bowel prep may result in your procedure being rescheduled.

7 DAYS PRIOR TO YOUR PROCEDURE

Purchase **ALL** of the following non-prescription/over the counter bowel prep items:

- ☐ Two (2) bottles of Fleet® Saline Enemas

****Optional: consider purchasing petroleum jelly or lubricant to ease insertion of enema nozzle****

Please ensure that you arrange for medical transport or a responsible adult driver to accompany you on the day of your procedure. For your safety, you will **NOT** be allowed to drive, operate machinery, or return to work until the following day. Your driver should remain on-site for the full duration of your visit, which typically lasts about two hours from check-in to discharge. Ride-share services such as Uber, Lyft, or taxis are **NOT** permitted.

3 DAYS PRIOR TO YOUR PROCEDURE

✓ **STOP all over-the-counter supplements:**

- Iron, multi-vitamins and fiber supplements such as Metamucil, Citrucel, and Benefiber

✓ **CONTINUE to take:**

- Regular prescription medications unless instructed to stop by our office or another provider

✓ **BEGIN a low fiber diet:**

- Acceptable foods include (but are not limited to): White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments

✓ **STOP consuming:**

- Seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans, lentils, and red or purple liquids

1 DAY PRIOR TO YOUR PROCEDURE

✓ HYDRATE:

- Drink at least 64oz of water before starting your bowel preparation as it may cause dehydration

✓ DIET

- Up until 11:45PM, you may consume lighter foods (example: soup and sandwich)
- After 11:45PM, you may only consume clear liquids
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

DAY OF YOUR PROCEDURE

✓ DO NOT USE OR CONSUME:

- Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol

✓ OPTIONAL: You may continue to drink clear liquids up to 2 hours before your procedure

- Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

✓ BEGIN BOWEL PREPARATION:

- At least **3 hours** before procedure:
 - Take your regularly scheduled medications unless instructed to stop during procedure education phone call
- **2 hours** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!
 - **Begin enema prep:**
 1. Remove the cap from the tip of the enema nozzle
 2. Apply some petroleum jelly or lubricant to your rectum to make insertion easier
 3. Lie on your left side
 4. With your dominant hand, gently insert the tip of the enema nozzle into your rectum
 5. After insertion, squeeze the enema container to push the liquid into the rectum, emptying the container
 6. Hold the saline inside your rectum as long as possible (15 minutes is preferred) before going to the bathroom
 7. Wait 30 minutes then take the second enema by repeating steps 1-6.
 - This usually produces a clean lower colon. If you are still passing solid stool particles, fill the enema container with tap water and repeat steps 1-6 until the return is reasonably clear

PREPARING FOR ARRIVAL

- ✓ Please complete the electronic intake paperwork that was sent to you via text/email. Accommodations/assistance will be available upon request.
- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home. We will not be responsible for these items.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com